

# **Application of Fitness Knowledge - Step Aerobics**

4. Students independently record data correctly on a Personal Exercise Data Card. The card consists of at least one day's workout prior to the assessment and includes: 1) a correct calculation of an acceptable target heart rate zone during exercise, 2) identify your personal target heart rate goal for the day's activity, 3) resting heart rate, 4) post-exercise heart rate, 5) cool-down heart rates at 1-minute intervals, 6) a comparison of post-exercise heart rates to the target heart rate goal, and 7) the identification of the appropriate modification(s) that would be necessary to meet the exercise target heart rate goal during the next exercise workout. Students' written work shows correct application of the Principles of Exercise and the FITT Formula.
3. Students complete the exercise data card but show minor errors in calculations, recording, applying the Principles of Exercise and/or the FITT Formula for this activity. Students may hesitate or seek confirmation from others when completing the assignment.
2. Students show major errors in completing the exercise data card and/or when applying appropriate Principles of Exercise and/or the FITT Formula indicating they need assistance to exercise safely and productively.
1. Students do not complete the exercise data card and/or show little understanding of applying the Principles of Exercise and/or the FITT Formula for this activity.

# **Application of Skills - Step Aerobics -**

4. Students appropriately select and safely set up equipment (if necessary). Students demonstrate the correct technique for all movements (e.g., footwork, leg and arm action, balance) throughout the routine with few, if any, observable errors in technique. Movements are decisive, timing and rhythm are on beat, and transitions are smooth. Students respond correctly to cues and demonstration, and can perform the routine correctly with verbal cues only.
3. Students appropriately select and safely set up equipment (if necessary). Students demonstrate correct movements throughout the routine with minor errors in technique, rhythm, timing, and/or transitions. Students are able to recognize their errors and return quickly to the correct step movement independently or by seeking confirmation for the movement and beat from others.
2. Students select and safely set up equipment (if necessary). Students perform some movements correctly, but make errors causing major breaks in the routine and show difficulty resuming the routine. Students may perform the routine unaware of errors. Performance is ineffective and inconsistent.
1. Students may select and set up equipment inappropriately. Students attempt the routine but are unable to follow it correctly. Technique, rhythm, timing and/or transitions are not yet sufficient resulting in consistently incorrect or ineffective performance.

# **Personal/Social Responsibility and Safety**

## **- Step Aerobics -**

4. Students demonstrate high intensity, self-direction, and attention to detail both in the routine and in completing the Personal Exercise Data Card. Students participate energetically and safely, demonstrating self-control and respect for the positive and safe experience of others. Students challenge themselves and others to high levels of performance.
3. Students participate energetically and safely, demonstrating self-control and respect for others.
2. Students participate safely, demonstrating self-control and respect for others but are inconsistent in energy.
1. Students lack self-control at times and/or need reminders and encouragement from others to participate in a safe, energetic, and/or respectful manner.